



Pregnets

www.pregnets.org

PROS AND CONS TOOL

Pros of Quitting	Cons of Quitting
<ul style="list-style-type: none">• No exposure to the harmful chemicals in cigarettes and in second hand smoke• Positive health benefits• Save money• Home will smell clean• Not exposing family, friends and pets to second hand smoke• No one will nag me to quit!	<ul style="list-style-type: none">• How will I cope with stress?• Feels like I am losing a friend• Hard to be around my friends who smoke• How will I reward myself?• I feel like I'm depriving myself• I'm afraid I will gain weight• I don't what to do about the boredom• I hate how I feel irritable
Pros of Cutting Down	Cons of Cutting Down
<ul style="list-style-type: none">• It's easier to cut down, I'm not ready to quit completely• Part of my quit process to stop completely• Can start to save some money• Will get some practice on quitting• Can help me figure out what I need to do to quit completely	<ul style="list-style-type: none">• Delaying my quitting process• Continue to be exposed to harmful chemicals• Increase my chances of relapsing• Can be more difficult to cut down than to quit completely• Still depending on my cigarettes to help me cope